



# Healthy STEPS

Preschool Parents Newsletter



Compliments of Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette @ agravelouellette@pmh-mb.ca or 204.573.0188 for more information

## Fall Time great time to talk about how things change



### ONE, TWO LEAVES FELL DOWN

One, two leaves fell down.  
Three, four they hit the  
ground.  
Five, six they fell so quick.  
Seven, eight they lay so  
straight.  
Nine, ten, let's start again!

In the fall, when the leaves change colors and are falling, it's a great time to teach kids about leaves and trees. Of course, kids love fall colors and fall leaves, but how can you use their interests during the fall season to help them learn?

If you have trees at your house or a playground near you can go on a nature walk, or go on a leaf hunt or scavenger hunt to gather some colorful leaves there. Preschoolers LOVE getting homework, so they will be excited if you ask them to collect leaves from the yard or neighborhood

You can sort colours, count how many they have in their bucket after gathering them.

Sharing about the seasons changing and nature is a perfect way to look at the colours, textures and smells of fall.

<http://earlylearningideas.com/preschool-leaf-activities/>

### Instructions for Each Mini Pumpkin Pie

Give each child a plastic spoon and a napkin or paper towel (or two). Distribute one pudding cup to each child and have them remove the plastic or foil covering. (If the child wants to eat a bite of the pudding, that's okay. There will be more room for stirring in the mini pumpkin pie filling.) Have an adult drop a tablespoon of Easy Pumpkin Pie Mix into each pudding cup. Have kids stir the pumpkin pie mix into their pudding. Give each child one mini graham cracker pie crust. Keep each crust in its foil dish. Have each child spoon their pumpkin pie mixture into their crust. They can smooth and spread the mix with their spoon until they like the looks of it. Have an adult walk around and give each child a squirt of whipped cream. Have the kids eat and enjoy their mini pumpkin pie!

<https://fluxingwell.com/mini-pumpkin-pies/>



*Teaching children about the different seasons can help them understand the cycles of life.*

*Fall time is a time plants and animals go inward to rest. We all need to rest to grow*

## **November** Programs 2024

### Birtle

**Healthy Baby**  
**NO HEALTY BABY IN PERSON**  
**SESSIONS**

### Carberry

#### **Step 2 Stay Tuned!!**

**Healthy Baby**  
Alexandra Lozada-Gobeia,  
Carberry Healthy Baby Facilitator  
Carberry Health Center Boardroom  
4th Tuesday 10-12  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

### Erickson

**Healthy Baby**  
Alexandra Lozada-Gobeia,  
Lutheran Church  
3rd Monday 1:00—3:00  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

### Hamiota

**NO HEALTHY BABY IN PERSON**  
**SESSIONS**

### Minnedosa

#### **Together We Can, Together We Are**

Minnedosa United Church  
2nd and 4th Wednesday 10-Noon  
Contact Denise @ 849.2263 or  
email [parentinginpurple@gmail.com](mailto:parentinginpurple@gmail.com)

**Healthy Baby**  
Alexandra Lozada-Gobeia,  
Minnedosa Healthy Baby Facilitator  
Minnedosa United Church  
3rd Tuesday 10-12  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca) (204) 476-7554

### Neepawa

#### **Intergenerational Rhyme Time**

**Kinsmen Kourts**  
**307 Davidson St 10:00am**  
**Nov. 4th**

**Healthy Baby**  
Alexandra Lozada-Gobeia,  
Neepawa Healthy Baby Facilitator  
Neepawa Library  
2nd Tuesday 10-12  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

**Healthy Baby**  
Alexandra Lozada-Gobeia,  
Neepawa Healthy Baby Facilitator  
Neepawa Settlement Services  
2nd Tuesday 1:30—3:30  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

### Rivers

**Step 2**  
**Rivers United Church**  
Nov. 1, 15, 29 Dec. 13  
Drop in Group 9:00— 11:00  
Contact Jennifer triple\_e12@yahoo.com

### **Healthy Baby**

Alexandra Lozada-Gobeia  
Thursday November 14th 11:00-1:00  
Zion Church 580 Main Street  
Contact Alexandra  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

### Russell

**Healthy Baby**  
Alexandra Lozada-Gobeia  
3rd Thursdays at 11am  
Multiplex Bunge Room  
Contact Alexandra for updated date  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

**If you are interested in online Healthy Baby that happens**  
**the 4th Monday of each month**  
**please contact Call 204-578-2545 Shauna**